



AWC Active Aging

VOLUME XV, ISSUE II

FEBRUARY 2022

We love our AWC Members!

We want to express how much we love and appreciate all of our members and volunteers on Valentines Day. On February 14th, please drop by the lounge from 10am- noon so that we can give you a valentine treat from all of us at the AWC!

You may have noticed a new face at the front desk. Please stop by and introduce yourself to Raegan! She loves to visit & get to know our members. Please warmly welcome her into the Adult Wellness Center family!

We want to thank all of our members that participated in the AWC Book Sale. If you donated books to us or found items to purchase, you all supported our fundraiser! Thanks to your generosity and the hard work of all of our AWC Library volunteers, we were able to raise over \$3,600 for the center! Please thank our Library volunteers for putting this

event on and for all that they do for the AWC! We hope to schedule more our regular activities in March, if Covid-19 numbers improve. Stay healthy & well!

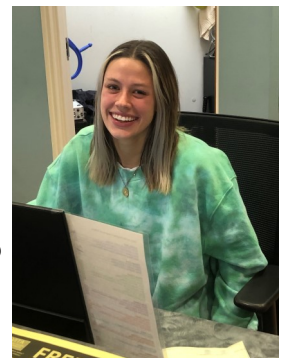


Lesli Ossenfort, Director

New AWC Employee

Please help us welcome our new front desk employee Raegan May. You may already recognize her from her time here as a Public Health intern during the Fall 2021 semester. Raegan is originally from Dallas, TX and plans to graduate from the U of A at the conclusion of this spring semester. She has a passion for dogs, especially her beagle/lab mix named Mowgli. You might even find her rescuing dogs on her lunch break!

We are very happy to have Raegan joining us here at the AWC. If you see her at the front desk, please stop by and say hello!



Raegan May

Happy Valentine's Day

or as we like to call it...

We Love Our Members Day!

Stop by the Wellness Center Lounge on
Monday, February 14th between
10:00 am and 12:00 noon for a
Free Valentine's Treat compliments of the AWC.

Safety Considerations for our Members:

Your health and safety is our priority. Although we cannot make the AWC a risk free environment for COVID-19, we have incorporated many safety measures to make the facility as safe as we can for our members. We know many of you have preexisting health conditions that you will have to consider and determine your own risk to be in a mask free exercise environment. Some of our members will be vaccinated and others will not be vaccinated. To aid you in your decision to comeback, we want to educate you on the measures we have put into place. Throughout the facility we have installed air ionizers that clean the air as it goes thru our HVAC systems. We have electrostatic sprayers to sanitize surfaces. We also have UV light sanitizers that can be used to deep clean overnight. We have hand sanitizing stations throughout the building and equipment wipes for our members to keep themselves safe. All of these new cleaning products and procedures are certified to kill COVID-19 germs. We also offer have an exercise room with equipment spaced 12 ft apart to exercise more safely without a mask.

We realize everyone must assess their own health & vulnerabilities before knowing if coming back is the best choice. We hope to see you back at the center when you feel the risk level is right for you.

CITY OF ROGERS ADULT WELLNESS CENTER

2001 W. Persimmon St
Rogers, AR 72756

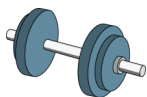
Phone: 479-631-3333

Fax: 479-986-6803

www.rogersar.gov

Open Monday-Friday 7:00 am - 7:00 pm

Open Saturday 8:00 am - 12:00 Noon



Active Aging to Enhance Quality of Life!

New Zumba Gold Class:

Days:	Mon. and Wed.
Time:	4:30 - 5:15 PM
Place:	Wellness Studio
Instructor:	Taeko Coslett
Cost:	\$25/month

Enjoy this lower intensity version of the popular dance fitness craze. Sign up now at the front desk.

Don't forget we also have Zumba Gold Toning on Tues/Thur at 6:00 PM.

Zumba classes are free to Silver&Fit and Renew Active members.



New Red Hat Queen
Elaine Olson

AWC will be Closed

Monday, February 21, 2022

In honor of
President's Day

Check out our Socially Distanced Equipment Area!

We have taken six of our popular machines and spaced them 12-feet apart for those members who would prefer extra space and breathing room while exercising.



Book Sale follow up:

Thank you to all who visited, donated, and purchased books and puzzles from the Annual AWC Book Sale!
We appreciate your support!



AWC Weather Policy

The AWC will close due to weather only if the City of Rogers Administration Office is closed.

If the Rogers School District calls off classes, the AWC will cancel all classes and activities for that day as well.

However, we only actually close if the City offices close.

Announcements regarding weather closings will be sent to current members via Constant Contact email.

You can also call the center (479-631-3333)

and a message will indicate if we are closed or have modified hours.

Want a **FREE AWC Membership or Classes?**

You may be eligible to have your AWC membership paid for if you are **Medicare Eligible** and have a qualifying **insurance supplement!**

These programs are beneficial for the AWC!

Please check at the front desk if you think you might qualify!



Check out our new Classes!

Class and building schedules are available on our website:

<https://rogersar.gov/131/Adult--Wellness-Center>

And sent via Constant Contact emails to our members.